Why Nephrectomy is Done

The idea of having one of your kidneys removed might sound intimidating, but it's often a life-saving procedure. The good news is that many people recover well after a nephrectomy and go on to live their normal lives. The real question is why and when **nephrectomy surgery in Navi Mumbai** is recommended. In this post, we've explained medical reasons for this surgery, its types, benefits, and risks.

Medical Reasons for Nephrectomy

Nephrectomy, or kidney removal surgery, is usually recommended for people with failed kidneys, progressing kidney diseases, or tumours. It's also done to remove a healthy kidney from a donor's body for transplant into someone who needs a healthy kidney. Let's explore the reasons for nephrectomy in brief:

Kidney Cancer

Renal cell carcinoma is the common type of kidney cancer affecting adults. It's rare in children, but if children under 5 years are diagnosed with kidney cancer, it's most likely Wilms Tumour. The type of nephrectomy done for such cancers depends on the tumor's growth, how much of the kidney tissues are affected, and whether the tumor has invaded the surrounding tissues and organs.

Severe Kidney Disease

Long-standing kidney stones or other kidney diseases that aren't treated in time can cause kidney failure or might severely affect the kidneys' function. This can make people more prone to recurring infections, loss of appetite, swelling in the ankles, feet, and hands, and high blood pressure. Removing the diseased kidney is sometimes the only option to improve your quality of life.

Chronic Kidney Infections

Recurring kidney infections that do not respond to antibiotics and other conservative treatments may require nephrectomy. That's only when the kidney is diseased and has become a source of constant pain, fever, and infections.

Types of Nephrectomy

Nephrectomy may or may not involve complete kidney removal. Here are the two common types:

Partial Nephrectomy: Removing only the diseased or damaged portion of the kidney, while leaving the healthy tissues intact, may be the most suitable option for younger patients. This is especially recommended for those with only a single functioning kidney. Partial nephrectomy preserves healthy kidney parts, thus retaining its maximum function.

Radical Nephrectomy: Radical nephrectomy removes the kidney, adrenal glands, part of the lymph nodes, and some surrounding tissues. It's done when cancer has spread beyond the kidneys.

Laparoscopic vs. Open Nephrectomy

Nephrectomy can be conducted with a laparoscope—a minimally invasive surgical device that involves a tiny tube and a camera to look inside the kidneys without major incisions. Or, an open surgery, which involves one large incision. It may be needed if the kidney is severely damaged or the doctor suspects cancerous growth.

Benefits of Nephrectomy

Here's why a **urologist in Navi Mumbai** recommends nephrectomy:

- Improved quality of life
- Prevents complications due to kidney diseases
- Reduced risk of repeated infections
- Relief from constant pain

Risks and Considerations

Before you undergo a nephrectomy, here are the risks you must discuss with your urologist.

- Bleeding
- Infection
- Injury to the surrounding organs
- Reduced kidney function

Conclusion

Nephrectomy is recommended when the diseased kidney can harm your body. If a uro-surgeon believes removing the kidney could be better than treating it with medication or other non-invasive treatments, then nephrectomy is your best bet. It helps give you a normal, healthy life.

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